

## **01 Introductory English Dhamma Talks (Updated Aug 2018)**

[1-2] What the Buddha Taught (2005)  
[3-5] Dana and Sila (2002)  
[6-8] Kamma-Vipaka (1997)  
[9] Worldly Currency Vs Spiritual Currency (2007)  
[10-12] Practicality of the Dhamma (2006)  
[13-15] Early Buddhism in India (2010)  
[16-18] Life Story of the Buddha (2002)  
[19-20] How to Cultivate the Ariyan Eightfold Path (2018)  
[21-23] Appreciation of Parents' Love (2002)  
[24-26] Compassion (2008)  
[27-29] Misconceptions about Buddhism (1999)  
[30-31] Importance of the Buddha's Discourses (1997)  
[32-36] 30 Planes of Existence (2002)  
[37-38] Mangala Sutta (2001)  
[38-40] Relationship between Buddhist Laity and Sangha (2007)  
[41-42] Contradictions in Buddhism (2001)  
[43-45] Kamma and Meat Eating (1996)  
[46-47] Chinese Tradition and Buddhism (2008)  
[48-49] Right View (2010)  
[50-51] Dhamma Talk at Wat Pah Nanachat (2014)  
[52-54] Uttama Bodhi Vihara Q&A (2014)  
[55-58] Kuantan Bud. Assn Q&A (2017)  
[59-61] Kamma-vipaka (2018)  
[62-64] A Story of My Life (2018)

## **02 Advanced English Dhamma Talks (Updated Jul 2018)**

[65-67] Why Four Ariyan Truths is The Most Important Dhamma (2017)  
[68-70] Q&A @ SJBA 30 June (2017)  
[71-78] Sutta Guide To Paths & Fruits (2016)  
[79-81] Characteristic of a Sotapanna (2016)  
[82-85] Four Ariyan Truths (1997)  
[86-87] Stream-entry is by Listening to Dhamma (2008)  
[88-95] Five Aggregates of Attachment  
[96-97] How to Become an Ariya (2007)  
[98-100] Noble Eightfold Path (2010)  
[101-102] Dependent Origination (2010)  
[103-104] Dependent Origination of Liberation (2009)  
[105-107] The True Dhamma (2006)  
[108-109] Vijja Carana Sampanno (2005)  
[110-112] Satipatthana (2008)  
[113-117] Dhamma Discussion at Kuching (2006)  
[118-120] Buddhist Meditation (1999)  
[121-122] Meditation on Self (1998)  
[123-125] Sati Sampajanna (1999)  
[126-131] Samatha and Vipassana (1994)  
[132-133] Banner of the Arahants (2011)  
[134-136] General Mindfulness the Buddha taught not (2011)  
[137-138] Qualities of a Wise Man (2016)  
[139-142] Goal of Buddhist Practice (2018)  
[143-145] Stream Entry is Possible for Layperson (2018)  
[146-148] How to Develop the 7 Bojjhanga (2018)  
[149-151] How to Develop the Ariyan Eightfold Path (2018)

## **03 Anguttara Nikaya (ENG) 1997 -1998**

[152] AN-Introduction and Overview  
[153] AN-Book 1A (1.1 - 1.3)  
[154] AN-Book 1B (1.5 - 1.10.14)  
[155] AN-Book 1C (1.10.17 -1.18.2)  
[156] AN-Book 1D (1.18.4 -1.21.48)  
[157] AN-Book 2A (2.1.2 - 2.3.9)  
[158] AN-Book 2B (2.3.10 -2.4.4)  
[159] AN-Book 2C (2.4.6 -2.12.1)  
[160] AN-Book 3A (3.2.12 -3.3.24)  
[161] AN-Book 3B (3.3.26 -3.4.36)

[162] AN-Book 3C (3.4.36c - 3.4.42)  
[163] AN-Book 3D (3.5.44 - 3.6.58)  
[164] AN-Book 3E (3.6.60)  
[165] AN-Book 3F (3.7.63 -3.7.64)  
[166] AN-Book 3G (3.7.65 -3.7.68)  
[167] AN-Book 3H (3.7.70 -3.8.72)  
[168] AN-Book 3I (3.8.75 - 3.9.81)  
[169] AN-Book 3J (3.9.83 - 3.10.99)  
[170] AN-Book 3K (3.10.100 -3.11.104)  
[171] AN-Book 3L (3.11.105 -3.12.114)  
[172] AN-Book 3M (3.13.121 - 3.13.129)  
[173] AN-Book 3L (3.14.131 - 3.16.151)  
[174] AN-Book 4A (4.1.3 - 4.3.24)  
[175] AN-Book 4B (4.3.25 -4.4.35)  
[176] AN-Book 4C (4.4.36 -4.5.49)  
[177] AN-Book 4D (4.5.50 -4.7.61)  
[178] AN-Book 4E (4.7.62 -4.8.77)  
[179] AN-Book 4F (4.8.79 - 4.10.93)  
[180] AN-Book 4G (4.10.94 - 4.12.111)  
[181] AN-Book 4H (4.12.113 - 4.12.118)  
[182] AN-Book 4I (4.13.122 -4.16.157)  
[183] AN-Book 4J (4.16.159 -4.17.169)  
[184] AN-Book 4K (4.17.170 -4.18.179)  
[185] AN-Book 4L (4.18.180 -4.19.185)  
[186] AN-Book 4M (4.19.186 -4.20.192)  
[187] AN-Book 4N (4.20.194 -4.20.195)  
[188] AN-Book 4O (4.20.196 -4.20.197)  
[189] AN-Book 4P (4.20.198)  
[190] AN-Book 4Q (4.20.199 - 4.27.261)  
[191] AN-Book 5A (5.1.2 - 5.3.22)  
[192] AN-Book 5B (5.3.26 -5.3.30)  
[193] AN-Book 5C (5.4.31 -5.4.40)  
[194] AN-Book 5D (5.5.42 -5.6.52)  
[195] AN-Book 5E (5.6.53 -5.6.57)  
[196] AN-Book 5F (5.6.58 -5.8.77)  
[197] AN-Book 5G (5.8.78 -5.9.88)  
[198] AN-Book 5H (5.9.89 - 5.12.113)  
[199] AN-Book 5I (5.12.114 -5.15.143)  
[200] AN-Book 5J (5.15.144 -5.16.155)  
[201] AN-Book 5K (5.16.157 -5.17.166)  
[202] AN-Book 5L (5.17.167 -5.18.179)  
[203] AN-Book 5M (5.18.180 -5.20.192)  
[204] AN-Book 5N (5.20.196 -5.21.209)  
[205] AN-Book 5O (5.21.210 -5.25.250)  
[206] AN-Book 6A (6.2.12 -6.2.18)  
[207] AN-Book 6B (6.2.19 -6.3.30)  
[208] AN-Book 6C (6.4.34 -6.5.44)  
[209] AN-Book 6D (6.5.45 -6.5.54)  
[210] AN-Book 6E (6.6.55 -6.6.57)  
[211] AN-Book 6F (6.6.59 -6.6.62)  
[212] AN-Book 6G (6.6.63 -6.8.78)  
[213] AN-Book 7A (7.1.4 - 7.4.39)  
[214] AN-Book 7B (7.5.42 -7.5.47)  
[215] AN-Book 7C (7.5.49 -7.6.52)  
[216] AN-Book 7D (7.6.53 -7.6.58)  
[217] AN-Book 7E (7.6.59a - 7.7.62)  
[218] AN-Book 7F (7.7.63 -7.7.64)  
[219] AN-Book 7G (7.7.65 -7.7.67)  
[220] AN-Book 7H (7.7.68 -7.8.71)  
[221] AN-Book 8A (8.1.2 - 8.1.10)  
[222] AN-Book 8B (8.2.11 -8.2.12)  
[223] AN-Book 8C (8.2.13 -8.2.19)  
[224] AN-Book 8D (8.2.20 -8.3.25)

[225] AN-Book 8E (8.3.27 -8.4.35)  
[226] AN-Book 8F (8.4.36 -8.5.49)  
[227] AN-Book 8G (8.6.51 -8.6.58)  
[228] AN-Book 8H (8.6.59 -8.8.74)  
[229] AN-Book 8I (8.8.79 - 8.9.88)  
[230] AN-Book 9A (9.1.3 - 9.1.5)  
[231] AN-Book 9B (9.1.7 - 9.2.12)  
[232] AN-Book 9C (9.2.14 -9.2.20)  
[233] AN-Book 9D (9.2.21 -9.4.34)  
[234] AN-Book 9E (9.4.35 -9.4.37)  
[235] AN-Book 9F (9.4.38 - 9.4.39b)  
[236] AN-Book 9G (9.4.40 - 9.4.44)  
[237] AN-Book 10A (10.1 - 10.8)  
[238] AN-Book 10B (10.11 -10.13)  
[239] AN-Book 10C (10.14 -10.17)  
[240] AN-Book 10D (10.20 -10.27)  
[241] AN-Book 10E (10.29)  
[242] AN-Book 10F (10.30 -10.44)  
[243] AN-Book 10G (10.46 -10.50)  
[244] AN-Book 10H (10.51 -10.61)  
[245] AN-Book 10I (10.63 -10.72)  
[246] AN-Book 10J (10.73 -10.99)  
[247] AN-Book 10K (10.177 - 10.213)  
[248] AN-Book 11 (11.6 -11.16)

## **04 Samyutta Nikaya (ENG)**

[249-254] SN 01-Devata (Jul 12-14, 2009)  
[255] SN 02-Devaputta (Jul 15, 2009)  
[256-258] SN 03-Kosala (Jul 15-16, 2009)  
[259-260] SN 04-Mara (Jul 17, 2009)  
[261] SN 05-Bhikkhuni, SN 06-Brahma (Jul 18, 2009)  
[262-263]SN 06-Brahma, SN 07-Brahmana (Jul18-19, 2009)  
[264-265]SN 07-Brahmana, SN08-Vangisa (Jul19-20, 2009)  
[266-267] SN 09-Vana, SN 10-Yakkha (Jul 20-21, 2009)  
[268-270] SN 11-Sakka (Jul 21-22, 2009)  
[271-283] SN 12-Nidana (Jul 23-28, 2009)  
[284] SN 13-Abhisamaya, SN 14-Dhatu (Jul 28, 2009)  
[285] SN 14-Dhatu, SN 15-Anamatagga (Jul 29, 2009)  
[286-288] SN 16-Kassapa (Jul 29-30, 2009)  
[289] SN 16-Kassapa, SN 17-Labhasakkara (Jul 31, 2009)  
[290] SN 18-Rahula, SN 19-Lakkhana (Jul 31, 2009)  
[291] SN 20-Opamma (Aug 1, 2009)  
[292] SN 21-Bhikkhu (Aug 1, 2009)  
[293] SN 21-Bhikkhu, SN 22-Khandha (Aug2, 2009)  
[294-305] SN 22-Khandha (Aug 2-8, 2009)  
[306] SN 23-Radha, SN 24-Ditthi, SN 25-Okkanti (Aug8, 2009)  
[307] SN 26-Uppada, SN 27-Kilesa, SN 28-Sariputta, SN 29-Naga, SN 30-Supanna (Aug 9, 2009)  
[308] SN 31-Gandhabba, SN 32-Valahaka, SN 33-Vacchagotta, SN 34-Jhana (Aug 9.2009)  
[309-321] SN 35-Salayata (Aug 10-16, 2009)  
[322-324] SN 36-Vedana (Aug 16-17, 2009)  
[325] SN 37-Matugama, SN 38-Jambukhadaka (Aug 18, 2009)  
[326] SN 39-Samandaka, SN 40-Moggallana (Aug 18, 2009)  
[327-329] SN 41-Citta (Aug 19-20, 2009)  
[330-331] SN 42-Gamani (Aug 20-21, 2009)  
[332] SN 42-Gamani, SN 43-Asankhata (Aug 21, 2009)  
[333] SN 43-Asankhata, SN 44-Abyakata (Aug 22, 2009)  
[334] SN 44-Abyakata (Aug 22, 2009)  
[335] SN-Q&A (Aug 22, 2009)  
[336-337] SN 45-Magga (2009-08-23)  
[338-343] SN 46-Bojjhanga (Aug 24-26, 2009)  
[344-348] SN 47-Satipatthana (Aug 27-31, 2009)  
[349-352] SN 48-Indriya (Aug 31-Sep 1, 2009)  
[353] SN 49-Sammappadhana, SN 50-Bala (Sep 1, 2009)

[354-355] SN 51-Iddhipada (2009-09-02)  
[356] SN 51-Iddhipada, SN 52-Anuruddha (Sep 3, 2009)  
[357] SN 53-Jhana, SN 54-Anapana (Sep 3, 2009)  
[358-359] SN 54-Anapana (Sep 4, 2009)  
[360-365] SN 55-Sotapatti (Sep 5, 2009)  
[366-369] SN 56-Sacca (Sep 7-8, 2009)  
**05 Majjhima Nikaya (ENG)**  
[370] MN 001-Mulapariyaya (The Root of All Things) (2009-09-09)  
[371] MN 002-Sabbasava (All the Taints) (2009-09-09)  
[372] MN 003-Dhammadayana (Heirs in Dhamma) (2009-09-10)  
[373] MN 004-Bhayabherava (Fear and Dread) (2009-09-10)  
[374] MN 005-Anangana (Without Blemishes) (2009-09-11)  
[375] MN 006-Akankheyya (If a Bhikkhu Should Wish) (2009-09-11)  
[376] MN 007-Vatthupama (The Simile of the Cloth) (2009-09-11)  
[377] MN 008-Sallekha (Effacement) (2009-09-11)  
[378] MN 009-Sammaditthi (Right View) (2009-09-12)  
[379] MN 010-Satipatthana (The Foundations of Mindfulness) (2009-09-13)  
[380] MN 011-Culasihanada (The Shorter Discourse on the Lion's Roar) (2009-09-13)  
[381] MN 012-Mahasihanada (The Greater Discourse on the Lion's Roar) (2009-09-14)  
[382] MN 013-Mahadukkakkhandha (The Greater Discourse on the Mass of Suffering) (2009-09-15)  
[383] MN 014-Culadukkakkhandha (The Shorter Discourse on the Mass of Suffering) (2009-09-15)  
[384] MN 015-Anumana (Inference) (2010-07-25)  
[385] MN 016-Cetokhila (The Wilderness in the Heart) (2010-07-25)  
[386] MN 017-Vanapattha (Jungle Thicket) (2010-07-25)  
[387] MN 018-Madhupindika (The Honey Ball) (2010-07-25)  
[388] MN 019-Dvedhavitakka (Two Kinds of Thought) (2010-07-26)  
[389] MN 020-Vitakkasanthana (The Removal of Distracting Thoughts) (2010-07-26)  
[390] MN 021-Kakacupama (The Simile of the Saw) (2010-07-26)  
[391] MN 022-Alagaddupama (The Simile of the Snake) (2010-07-27)  
[392] MN 023-Vammika (The Ant-hill) (2010-07-27)  
[393] MN 024-Rathavinita (The Relay Chariots) (2010-07-28)  
[394] MN 025-Nivapa (The Bait) (2010-07-28)  
[395] MN 026-Ariyapariyesana (The Noble Search) (2010-07-29)  
[396] MN 027-Culahatthipadopama (The Simile of the Elephant's Footprint (Shorter)) (2010-07-30)  
[397] MN 028-Mahahatthipadopama (The Greater Discourse on the Simile of the Elephant's Footprint) (2010-07-30)  
[398] MN 029-Mahasaropama (The Greater Discourse on the Simile of the Heartwood) (2010-07-31)  
[399] MN 030-Culasaropama (The Shorter Discourse on the Simile of the Heartwood) (2010-07-31)  
[400] MN 031-Culagosinga (The Shorter Discourse in Gosinga) (2010-07-31)  
[401] MN 032-Mahagosinga (The Greater Discourse in Gosinga) (2010-08-01)  
[402] MN 033-Mahagopalaka (The Greater Discourse on the Cowherd) (2010-08-01)  
[403] MN 034-Culagopalaka (The Shorter Discourse on the Cowherd) (2010-08-01)  
[404] MN 035-Culasaccaka (The Shorter Discourse on Saccaka) (2010-08-02)  
[405] MN 036-Mahasaccaka (The Greater Discourse to Saccaka) (2010-08-02)  
[406] MN 037-Culatanhasankhaya (The Shorter Discourse on the Destruction of Craving) (2010-08-03)  
[407] MN 038-Mahatanhasankhaya (The Greater Discourse on the Destruction of Craving) (2010-08-03)  
[408] MN039-Maha-Assapura (The Greater Discourse at Assapura) (2010-08-05)

[409] MN 040-Cula-Assapura (The Shorter Discourse at Assapura)2010-08-05  
[410] MN 041-Saleyyaka (The Brahmin of Sala) (2010-08-06)  
[411] MN 042 -Veranjaka (The Brahmin of Veranjaka) (2010-08-06)  
[412] MN 043-Mahavedalla (The Greater Series of Question and Answers) (2010-08-06)  
[413] MN 044-Culavedalla (The Shorter Series of Question and Answers) (2010-08-07)  
[414] MN 045-Culadhmmasamadana (The Shorter Discourse on Ways of Undertaking Things) (2010-08-07)  
[415] MN 046-Mahadhmmasamadana (The Greater Discourse on Ways of Undertaking Things) (2010-08-07)  
[416] MN 047-Vimamsaka (The Inquirer) (2010-08-08)  
[417] MN 048-Kosambiya (The Kosambians) (2010-08-08)  
[418] MN 049-Brahmanimantanika (The Invitation of a Brahma) (2010-08-08)  
[419] MN 050-Maratajjaniya (The Rebuke to Mara) (2010-08-09)  
[420] MN 051-Kandaraka (To Kandaraka) (2010-08-09)  
[421] MN 052-Atthakanagara (The Man from Atthakanagara) (2010-08-09)  
[422] MN 053-Sekha (The Disciple in Higher Training) (2010-08-10)  
[423] MN 054-Potaliya (To Potaliya) (2010-08-10)  
[424] MN 055-Jivaka (To Jivaka) (2010-08-10)  
[425] MN 056-Upali (To Upali) (2010-08-11)  
[426] MN057-Kukkuravatika (The Dog-duty Ascetic) (2010-08-11)  
[427] MN 058-Abhayarajakumara (To Prince Abhaya) (2010-08-12)  
[428] MN 059-Bahuvuedaniya (The Many Kinds of Feeling) (2010-08-12)  
[429] MN 060-Apannaka (The Inconvertible Teaching) (2010-08-12)  
[430] MN 061-Ambalattikarahulovada (Advice to Rahula at Ambalattika) (2010-08-13)  
[431] MN 062-Maharahulovada (The Greater Discourse of Advice to Rahula) (2010-08-13)  
[432] MN 063-Culamalunkya (The Shorter Discourse to Malunkyaputta)2010-08-13  
[433] MN 064-Mahamalunkya (The Greater Discourse to Malunkyaputta) (2010-08-14)  
[434] MN 065-Bhaddali (To Bhaddali) (2010-08-14)  
[435] MN 066-Latukkipoma (The Simile of the Quail) (2010-08-15)  
[436] MN 067-Catuma (At Catuma) (2010-08-15)  
[437] MN 068-Nalakapana (At Nalakapana) (2010-08-15)  
[438] MN 069-Gulissani (Gulissani) (2010-08-16)  
[439] MN 070-Kitagiri (At Kitagiri) (2010-08-16)  
[440] MN 071-Tevijjavachagotta (To Vacchagotta on the Threefold True Knowledge) (2010-08-16)  
[441] MN 072-Aggivachagotta (To Vacchagotta on Fire) (2010-08-17)  
[442] MN 073-Mahavachagotta (The Greater Discourse to Vacchagotta) (2010-08-17)  
[443] MN 074-Dighanakha (To Dighanakha) (2010-08-17)  
[444] MN 075-Magandiya (To Magandiya) (2010-08-18)  
[445] MN 076-Sandaka (To Sandaka) (2010-08-18)  
[446] MN 077-Mahasakuludayi (The Greater Discourse to Sakuludayin) (2010-08-19)  
[447] MN 078-Samanamandika (Samanamandikaputta) (2010-08-19)  
[448] MN 079-Culasakuludayi (The Shorter Discourse to Sakuludayin) (2010-08-21)  
[449] MN 080-Vekhanassa (To Vekhanassa) (2010-08-21)  
[450] MN 081-Ghatikara (Ghatikara the Potter) (2010-08-21)  
[451] MN 082-Ratthapala (On Ratthapala) (2010-08-22)  
[452] MN 083-Makhadeva (King Makhadeva) (2010-08-22)  
[453] MN 084-Madhura (At Madhura) (2010-08-23)  
[454] MN 085-Bodhirajakumara (To Prince Bodhi) (2010-08-23)  
[455] MN 086-Angulimala (On Angulimala) (2010-08-23)  
[456] MN 087-Piyajatika (Born from Those who Are Dear) (2010-08-24)  
[457] MN 088-Bahitika (The Cloak) (2010-08-24)  
[458] MN 089-Dhammacetiya (Monuments to the Dhamma) (2010-08-24)  
[459] MN 090-Kannakathala (At Kannakathala) (2010-08-25)  
[460] MN 091-Brahmayu (Brahmayu) (2010-08-25)  
[461] MN 092-Sela (To Sela) (2010-08-25)  
[462] MN 093-Assalayana (To Assalayana) (2010-08-26)  
[463] MN 094-Ghotamukha (To Ghotamukha) (2010-08-26)

[464] MN 095-Canki (With Canki) (2010-08-26)  
[465] MN 096-Esukari (To Esukari) (2010-08-27)  
[466] MN 097-Dhananjani (To Dhananjani) (2010-08-27)  
[467] MN 098-Vasettha (To Vasettha) (2010-08-27)  
[468] MN 099-Subha (To Subha) (2010-08-29)  
[469] MN 100-Sangarava (To Sangarava) (2010-08-29)  
[470] MN 101-Devadaha (At Devadaha) (2010-08-30)  
[471] MN 102-Pancattaya (The Five and Three) (2010-08-30)  
[472] MN 103-Kinti (What Do You Think about Me) (2010-08-31)  
[473] MN 104-Samagama (At Samagama) (2010-08-31)  
[474] MN 105-Sunakkhatta (To Sunakkhatta) (2010-09-01)  
[475] MN 106-Anenjasappaya (The Way to the Imperturbable) (2010-09-01)  
[476] MN 107-Ganakamoggallana (To GanakaMoggallana) (2010-09-01)  
[477] MN 108-Gopakamoggallana (With GopakaMoggallana) (2010-09-02)  
[478] MN 109-Mahapunnama (The Greater Discourse on the Full-moon Night) (2010-09-02)  
[479] MN 110-Culapunnama (The Shorter Discourse on the Full-moon Night) (2010-09-02)  
[480] MN 111-Anupada (One by One As They Occurred) (2010-09-03)  
[481] MN 112-Chabbisodhana (The Sixfold Purity) (2010-09-03)  
[482] MN 113-Sappurisa (The True Man) (2010-09-03)  
[483] MN 114-Sevitabbasevitabba (To Be Cultivated and Not To Be Cultivated) (2010-09-04)  
[484] MN 115-Bahudhatuka (The Many Kinds of Elements) (2010-09-04)  
[485] MN 116-Isigili (The Gullet of the Seers) (2010-09-05)  
[486] MN 117-Mahacattarisaka (The Great Forty) (2010-09-05)  
[487] MN 118-Anapanasati (Mindfulness of Breathing) (2010-09-06)  
[488] MN 119-Kayagatasati (Mindfulness of the Body) (2010-09-07)  
[489] MN 120-Sankharupapatti (Reappearance by Aspiration) (2010-09-07)  
[490] MN 121-Culasunnata (The Shorter Discourse on Voidness) (2010-09-08)  
[491] MN 122-Mahasunnata (The Greater Discourse on Voidness)2010-09-08  
[492] MN 123-Acchariya-abbhuta (Wonderful and Marvellous) (2010-09-09)  
[493] MN 124-Bakkula (Bakkula) (2010-09-09)  
[494] MN 125-Dantabhumi (The Grade of the Tamed) (2010-09-09)  
[495] MN 126-Bhumija (Bhumija) (2010-09-10)  
[496] MN 127-Anuruddha (Anuruddha) (2010-09-10)  
[497] MN 128-Upakkilesa (Imperfections) (2010-09-10)  
[498] MN129-Balapandita (Fools and Wise Men) (2010-09-11)  
[499] MN130-Devaduta (The Divine Messengers) (2010-09-12)  
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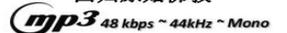
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回归原始佛教



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达摩悟陀長老佛法开示:

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